In the Claims:

1-40 (previously canceled)

41. (new) A physiological food salt product including an alkaline earth metal component, the product comprising:

at least one hydrate form having the general formula $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6, and

at least one of sodium chloride and potassium chloride.

41. (new) The product according to claim 40, whrerein the hydrate is in a complex form.

43. (new) The product according to claim 40, wherein the general anhydrous formula of the salt contained in the product is $aMg \times bCa \times NH_4Cl_3$, in which $a + b = 1$, and a and b are greater than 0, and in which part of the ammonium can be replaced with potassium.

44. (new) The product according to claim 40, wherein the general anhydrous formula of the salt contained in the product has the formula $MgNH_4Cl_3 \times eCaCl_2$,

45. (new) The product according to claim 44, wherein e is not greater than 0.2 and part of the ammonium is replaced with potassium.

46. (new) The product according to claim 40, wherein the general anhydrous formula of the salt contained in the product is $Mg \times cNH_4 \times dK \times Cl_3$, in which $c + d = 1$, and c and d are greater than 0.

47. (new) The product according to claim 46, wherein $c \geq 0.5$.

48. (new) The product according to claim 40, wherein the content of said hydrate of said general formula in the mixture is at least 2.5 wt-%, calculated as magnesium.

49. (new) The product according to claim 48, wherein the content of said hydrate of said general formula in the mixture is at least 3.0 wt-%, calculated as magnesium.

50. (new) The product according to claim 40, further comprising:
materials which are advantageous to vital functions.

51. (new) The product according to claim 50, wherein the materials that are advantageous to vital functions comprise at least one of micronutrients, vitamins, flavonoids, and steroids.

52. (new) A physiological food salt product including an alkaline earth metal component, the product comprising:

at least one hydrate form having the general formula $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of

crystallization and is in the range of 4 to 6, and further comprising:

additives affecting primarily the taste of the product that comprise at least one of carbohydrates, polymeric forms of carbohydrates, spices, herbs, acidity regulators, glutamates, proteins, and protein hydrolysates.

53. (new) A nutrient substance, a semi-finished product, a processed food product, a food portion, wherein a food salt product including magnesium ammonium chloride of the general formula:

$MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6

has been used, in solid form or in a solution, in at least one of processing and preservation of the nutrient substance, semi-finished product, processed food product, or food portion.

54. (new) A method for preparing a food salt product containing an alkaline earth metal component, wherein an alkaline earth metal chloride and ammonium chloride are brought together in a solution form, wherein a precipitate is formed which contains one or several hydrate forms of an alkaline earth metal ammonium chloride, having the general formula of $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6, and the obtained precipitate is separated from the mother liquor,

the solution form containing both magnesium chloride and calcium chloride to include calcium in the product.

55. (new) The method according to claim 54, wherein the precipitation is performed in a continuous process, returning the mother liquor after the separation of the precipitate to the stage in which it is supplemented with the alkaline earth metal chloride and ammonium chloride.

56. (new) A method for preparing a food salt product containing an alkaline earth metal component, wherein an alkaline earth metal chloride and ammonium chloride are brought together in a solution form, wherein a precipitate is formed which contains one or several hydrate forms of an alkaline earth metal ammonium chloride, having the general formula of $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6, and the obtained precipitate is separated from the mother liquor,

the solution form including KCl.

57. (new) A method for preparing a food salt product containing an alkaline earth metal component, wherein an alkaline earth metal chloride and ammonium chloride are brought together in a solution form, wherein a precipitate is formed which contains one or several hydrate forms of an alkaline earth metal ammonium chloride, having the general formula of $MNH_4Cl_3 \times XH_2O$, wherein M represents Mg or Mg and Ca and X represents the number of molecules of water of crystallization and is in the range of 4 to 6, and the obtained precipitate is separated from the mother liquor, and

the pH of the mother liquor is adjusted by means of a hydroxide.

58. (new) The method according to claim 57, wherein the hydroxide is potassium or ammonium hydroxide.

59. (new) The method according to claim 57, wherein the pH of the mother liquor is adjusted to prevent premature crystallization of free ammonium chloride.